Fitness choices

Name:

Summary quiz

Using the words below, complete the following statements by filling in the blanks.

accumulated

barriers

behaviour

commodification

enjoyable

exercise

financial

fitness

group

health

industry

needs

overcome

qualifications

quality

recommended

reduced

regular

reliability

services

settings

sixty

thirty

value

1. Children and youths up to 15 years of age should       for       minutes per day, every day. The time can be      .
2. Adults should exercise for       minutes on most or all days of the week.
3. Regular moderate to vigorous physical activity and exercise should be a lifelong       that starts in childhood and is carried on throughout life.
4. Regular physical activity has many positive       benefits. Improved fitness is linked with       risk of all-cause morbidity and mortality.
5. The value that people place on exercise and       varies across the population and may result from a combination of many factors.
6. A significant section of the Australian population does not       fitness and exercise. This is reflected in statistics that reveal a large group of people fail to meet       levels of physical activity.
7. People of all ages gain health benefits from       , moderate physical activity.
8. The       of fitness has led to the availability of a much wider range of fitness products and      .
9. There are many ways in which the individual can choose to exercise for fitness. They include a wide variety of individual and       fitness activities that can be done in a variety of      .
10. Individuals need to determine their fitness       and investigate the range of exercise types on offer so that they choose an activity that meets their needs, is       and that they will be likely to continue.
11. The fitness       advertises and promotes many fitness products and services.       and value for money is something consumers should consider before making a       commitment. Consumers need to investigate the accuracy of the information being provided, the       and expertise of people providing the service and the quality and       of products being offered.
12. There are a number of       to people’s participation in fitness activities, many of which can be      .